



Get Fit Gulfport

- ★ Participants will create teams of no less than four members. Teams must complete a registration form and submit it to Human Resources **NO LATER THAN May 20th**.
 - ★ Each participant must complete an initial wellness panel given at the City's Wellness Clinic **NO LATER THAN May 20th**. The panel will consist of:
 - Cholesterol (HDL, LDL)
 - Glucose
 - PSA (for males over 40)
 - Blood Pressure
 - ★ Each participant must be weighed and measured at the City's Fitness Center to determine body fat. Participants must be weighed and measured **NO LATER THAN May 20th**. Measurements will consist of:
 - Neck
 - Waist
 - Hips (for females only)
- Participants may contact Mike Bradley (669.9325 or mikebfitness@yahoo.com) to schedule appointments for measurements & weigh-ins (see below).
- ★ Participants must have weekly weigh-ins at the Fitness Center **ONLY**. Weigh-ins will take place at a scheduled time/date. Participants may weigh-in as a team or individually. There will be **NO MAKE-UPS** for missed weigh-ins – **NO EXCEPTIONS!**
 - ★ Weight loss will be calculated using the following formula:
$$\frac{\text{Initial Weight} - \text{Actual Weight}}{\text{Initial Weight}} \times 100 = \text{WEIGHT LOSS PERCENTAGE}$$
 - ★ At the end of the challenge, each participant must complete a second wellness panel given at the City's Wellness Clinic **NO LATER THAN, July 22nd**.
 - ★ Teams may lose **BONUS POUNDS** if:
 - The team with a larger body fat reduction than all other teams will lose 5 BONUS POUNDS from the team's total weight loss.



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Registration Form

Team Name:		
Team Captain:		Dept: <input type="text"/>
Contact phone:		E-Mail: <input type="text"/>
Team Member #2:		Dept: <input type="text"/>
Team Member #3:		Dept: <input type="text"/>
Team Member #4:		Dept: <input type="text"/>